

CENTURION



NEWS ROUND-UP

Following from the last Centurions newsletter in September, quite a few major events have taken place over the last couple of months where race walkers have gained their Centurion badges in distant places! And indeed, more honours in local races at home and abroad...of a shorter (or even longer) variety.....

In October, new Centurions were born in New Zealand and South Africa alongside existing Centurions who travelled to compete in these prestigious races.

Africa 20th-21st October

Originally planned as the very last 24 hour race on Robben Island, bad weather set in and Plan B was put into operation. Which was a slightly crowded track at Bellville Stadium. Results:

Male					Female				
Pos	Name	Surname	Laps	Total Time	Pos	Name	Surname	Laps	Total Time
1	Andy	Green	20	20:57:39	1	Sharon	Scholz	20	22:47:45
2	Jantinus	Meints	20	22:11:41	2	Nontuthuko	Mgabhi	20	23:30:03
3	Justin	Scholz	20	22:47:46	3	Bernie	Johnson	20	23:32:51
4	Hilton	Murray	20	23:46:15	4	Anita	Engelbrecht	20	23:46:14
5	Thomas Joseph	Reyneke	20	23:56:49	5	Fundiswa	Sandi	20	23:57:28

Good to see some of our British Centurions coming tops! Justin and Sharon crossing the line.



And one week later.... **New Zealand 24 hour track race 27-28th October**

British Centurion Rob Robertson (USA) 161.600 km with Joanne Aitkin (161.600) race-walked for the entire 24 hours and, observed by walking judges, became New Zealand Centurion Walkers C25 & C26 respectively (Joanne being just the 2nd Kiwi woman to achieve this landmark). Philip Sharpe of the New Zealand Centurion Walkers Club presented the Centurion medals to Rob and Joanne.



Rob's multi Centurion badges
Congratulations to all.

Next up **Roubaix 28 hours and 24 hour team relay 15-16 September 2018**

Sadly, no British walker competed in this classic 28hour race - this must be a "first" for at least 30 years. A shame really as this year's race was just so exciting!

"Spectating" the 28 hour race from a relay competitor perspective is always a really good way to follow what is going on. This year, we really could see how the race was progressing. And boy, was it ever a gripping race. David van der Coilden (5th in this year's Parish walk) vs "long time winner" Dmitri Ospiov. Who would win? It was close, but David won!

Whilst there were no 28 hour walkers from the UK, Centurions Rudy Schoors, Caroline Mestagh were there to look after Guido Vermeir, Chris van Cauwenberghe and Johan Koning.

Three British walkers did maintain the Roubaix tradition by competing in the 24 hour team relay. This race is also very competitive. The "Lightning Ladies" are an all female team and in 2018 they were up against all male and mixed teams. But, the results show that the Lightning Ladies finished 4th. A great effort by Centurions Suzanne Beardsmore and Kathy Crilley along with Norma Grimsey.

Good to see the French 50km champ, Johan Diniz, put in a few (extremely) fast laps on Sunday for the sponsors.

Royan (FRA) 12H, 24H, 48H. 5-7 October 2018

Well, this was a new one!

Richard McChesney decided to go and try a 48 hour race. And well, why not? Jim Hanson (Suzanne Beardsmore's partner and very well versed in multi day support) offered to go and support Richard.

Writes Kathy Crilley: As I had thought of doing this race for a few years, I also volunteered to help. The response was very positive but with the added news that there was also a 12 hour race as well so why not enter that and support Richard before and after. OK I though- sounds good to me. There are two categories of race for all the

events over the weekend- the running category and the walking category (but the walking category was not a judged race walk.) Weather wise, it was hot when we arrived, hot all day Friday for the first 12 hours of the 48 hours and then on Saturday - very cool, overcast and then in the afternoon the heavens opened and as Royan is on the Atlantic coast (just south of La Rochelle) the strong winds blew across the dirt track. This is not what we expected! And then how to fit a 1000 metre course onto a 400 metre track. Well, with lots of twists and turns which made it difficult to overtake the slow runners and walkers. But we survived! Richard won the 48 hour race with 278km 386m - 7km ahead of the 2nd man. It was a well fought race with walkers going off far too fast and then fading... We certainly had to keep an eye on the live feed. Richard managed to stay awake for the entirety (not sure how) and even managed to fashion a rain jacket from a table cloth....



The 12 hour race was another eye opener. There are plenty of these types of races in France and many runners and walkers take part, often running in one race and walking in the next. I was impressed with the speed of many of the walkers but again, many went off far too fast and faded in later hours - and so I ended up 3rd lady and 5th overall in the walks with 76km 103m. Had I known I was so close to 80km. I would have walked a bit faster..

And another 24 hour (but non judged) race - **No Finish Line, Monaco 17-17 November 2018**

A worthy charity event which is held each year in Monaco to raise funds for children both at home and abroad. Sandra Brown and Kathy Crilley travelled to Monaco to participate in the 24 hour (which forms the last 24 hours of an eight race race). Once again, whilst many of the 171 entrants in the 24 hours actually walk rather than run, they are not race walkers, but then quite a lot do run! Which is why it is so pleasing to announce that Sandra Brown was the overall winner of the women's 24 hours race. First lady and 4th overall (discounting the relay teams) Sandra marched home with 170.095km. Trailing in 7th place was Kathy Crilley with 125,920km.

The bad weather seems to be all around France this year and on Friday evening a yellow storm warning was issued resulting with part of the 8 day course being closed. Luckily, it was reopened on Saturday for the start of the 24 hour race.

Too late for the Summer news round-up..

Spain hosted the **World Masters Championships** in Malaga 4-16 September. The championships attracted over 8,000 athletes and all three walks; 5, 10 and 20km were very well supported including many Centurions.

British successes among them walkers with close ERWL affiliations. Dominic King (six times EO7 winner) in his first year as a master won all three M35 races, Cath Duhig and John Borgars collected Team medals. In the 5,000m, Ian Richards won gold in the M70 category and broke the world M70 age track record with a time of 25:51:34. M35: Olympian Dom King came 1st [21:36:61]. Both Ian and Dom won their respective age category races in the 10km road walk. Other successes went to John Borgars, Roger Michell, Dave Kates and Dan King.

Not all Centurions (and would-be Centurions) are able or even want to travel to far off lands to gain another Centurion badge or honours... but Centurions have not been idle - far from it.

There have been plenty of local races closer to home shores to keep everyone busy during the autumn months.

Northern Area Winter League, Cleckheaton. 10km. 4th Oct 2018

The Centurions Treasurer was in action in Cleckheaton along with Mark Byrne (sponsor of this year's 100 mile in Douglas) finishing in 8th and 9th place. And again a month later, this time finishing 9th and 10th respectively.

Albert Rigby Shield 10km, Sutton Macclesfield 6th Oct 2018

Three centurions took part on a new course: Martin Fisher (2nd), Joe Hardy (6th) and Roy Gunnett (8th).

Midland Winter League, Race 1, Stourport 7th Oct 2018

The Midland Winter League got underway at Stourport Sports Club, Cycle Circuit with two races - 5km and 10km. The first Centurion home in the shorter race in 5th place was Hardeep Minhas (Leic WC) followed by Colin Vesty in 11th place. Both continued to the 10km finish with Hardeep in 12th place and Colin in 16th position.

Over on the Isle of Man, several Centurions featured in the **1 Hour challenge** held at the National Sports Centre in Douglas. The winner was Stewart Jones covering 10,434m followed in 3rd place by David Walker 10,103m. 1st Lady and 4th overall was Jayne Farquhar 9,726m.

Enfield League 5 Mile Road Walk, Lee Valley 13th Oct 2018

Several Centurions in action at Lee Valley in 5th place and first Centurion home was Stuart Bennett. Next home was Martin Fisher, with Dave Kates, John Borgars, Sean Pender, Bob Dobson and Gary Smith in close pursuit.

Steyning 10km 20th October 2018

Following his recent success at the Masters Champs in Malaga, Centurion, Ian Richards led the field by a wide margin to win this annual Steyning 10km in 53.01. Sean Pender, Chris Flint and Kathy Crilley made up the quartet of Centurions taking part.

Up & Running Winter League, N.S.C. Douglas. 28 Oct 2018

There was a great turn out in ideal conditions for Round 1 of the Manx Harriers Winter Walking League featuring many Centurions: Richard Gerrard (3rd), Peter Miller (4th), Chris Cale (6th) and John Cannell (30th).

Midland Winter League, Race 2, Birmingham, Alexander Stadium 28th Oct 2018

In the 5km race, the first Centurion home in 7th place was Hardeep Minhas (Leic WC) followed by Colin Vesty in 8th place and only a few seconds between them! In 10th place was Roger Michell (Surrey WC). Both Hardeep and Colin continued to the 10km (8th and 10th respectively) and were joined by Sean Pender in 12th place.

Enfield 7 , 10th November 2018

Writes Ron Wallwork in the Enfield Walker: In pleasant autumn sunshine and a gentle breeze, Dominic King scored a comfortable victory in the Enfield 7 - notching a record 8th triumph in the event. Although the race winner was the first Centurion to finish, under the "only one individual prize rule", Martin Fisher with 28 British 100's behind him collected the Centurion award.

Other Centurions taking part in the 7 miler were: Stuart Bennett 8th, Dave Kates (16th), Paul King (21st), Chris Flint (22nd). And as always, officiating: Pam Ficken, Carl Lawton and Pauline Wilson (judge), Ron Wallwork (referee).

Apologies if your name is missing, you can check out the [RWA results page](#) for all race walking results.

Looking ahead...

There are plenty of events to keep everyone occupied over the next few months.... from club races, league races and county championships to overseas distance races...

Some are listed on the Centurions [website fixture page](#). You can also see a full list on the [Race Walking Association website](#).

A selection of popular races...

Manx Harriers Winter League 16th December
 Brighton Boxing Day Races 26th December
 Southend 2 mile Pier Walk 26th December

1st January London Indoor Walks Lee Valley
 The Enfield Leagues races start the 2019 season on
 12th January with a 5 miler at Donkey Lane, Enfield.
 Note start time 11.45!

Steyping 15km 19th January
 Yorkshire Winter League 20th or 27th January.
 Essex and Eastern Indoor Championships - 2nd
 February at Lee Valley
 British Masters Indoor 9th-10th - Lee Valley

And as ever, plenty of the long distance stuff abroad...

- ★ 3rd February: 6 hours de Charly sur Marne
- ★ 23rd-24th February: 24H Bourges
- ★ 16th-17th March: 24H Chateau Thierry

You can just be social, though!

Steve Kemp, our social secretary, puts together short-ish walks in the English countryside which Centurions with their family and friends can enjoy.

Details of forthcoming social walks are on the Centurions website. Just click [here](#) to keep up to date for future walks.

